

SENIOR SPARKS

Mansfield Senior Center Newsletter

~ MAY 2015 ~



Since 1963, cities and towns across the country have shown their gratitude for the contributions older adults make to their communities by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While Mansfield's Senior & Wellness Center provides a variety of social, recreational, educational & wellness activities to older adults throughout the year, Older Americans Month offers us an opportunity to highlight how older adults are engaging with and making a difference in our community.

Throughout May, we'll be celebrating with a variety of fun events and providing tips on how to access local programs, resources and opportunities designed to maximize the independence of older adults in our community. We hope that you'll join us and "get into the Act!"

For more information on Older Americans Month, visit www.acl.gov/olderamericansmonth.



THANK YOU TO OUR VOLUNTEERS!



This month, we recognize all of the Volunteers who help to make the Mansfield Senior Center so special!

In 2014, we had over **130 Volunteers** provide over **7,000 hours of service!** Our volunteers are at the heart of almost every aspect of our program: they help with Meals on Wheels, our lunch program, our Transportation program, our reception desk, the AARP tax assistance program, our newsletter, our Veterans Day Tribute, various MSCA events & fundraisers and much more! The Sparkettes and the Mansfield Senior Center Chorus also represent us when they perform in the community. Please take a moment this month to thank our many volunteers for all the positivity that they contribute to our Center!

MEMORIAL DAY LUNCHEON May 27th at 12pm



Join us as we remember & honor all those who gave their lives for our great country. Veterans are encouraged to wear their uniforms, medals, hats or other military wear.

On the Menu:
BBQ Chicken, Potato Salad & Coleslaw
with all-American Apple Pie for dessert

\$5.00 per person
Please register with Kathy Yaffee
by May 19th

Mansfield Senior & Wellness Center
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208



MANSFIELD SENIOR & WELLNESS CENTER

HOURS:

MONDAY TO FRIDAY
8:30 AM TO 4:30 PM

TEL: 860-429-0262

FAX: 860-429-3208

E-MAIL: SENIORCNTR@MANSFIELDDCT.ORG

TOWN WEBSITE: WWW.MANSFIELDDCT.ORG

INTERIM SENIOR CENTER SUPERVISOR:

SARAH TAYLOR
860-487-9874

VOLUNTEER TRANSPORTATION COORDINATOR:

GIANNA STEBBINS
860-487-9877

RECEPTIONIST:

KATHY YAFFEE
860-487-9870

SITE SERVER:

SHARON CARON
860-487-9876

SOCIAL WORKER:

KATHY ANN EASLEY, LMSW
860-487-9873

DIAL-A-RIDE TRANSPORTATION

is available for Mansfield residents.

Please call 860-456-1462 at least **48 hours** in advance.

This service is provided by the Windham Regional
Transportation District.

Senior Center Update

From Sarah Taylor, Interim Supervisor

Spring is upon us! It's a season of renewal, and the world around us transforms from it's winter sleep, awakening and blossoming with new possibilities.

Inspiration comes to us in many different forms. People are inspired by the beauty of nature, the love of family and friends, connectedness, community and much more. Last month, I encouraged you to let the promise of this new spring inspire you; but this month, I'd like to know—who or what, specifically, inspires you? We will have two "Inspiration Boards" posted at the Senior Center throughout May. Please take a moment to share your thoughts & reflections with us!

As we celebrate Older Americans month, we recognize you, our Seniors, for all the contributions you make to our community and our Senior Center! We honor our Veterans and remember those who gave their lives for our country. We give thanks to our many Volunteers who enable us to do all that we do each day and make this Center so special. We are continually inspired by you—your zest for life, your kindness, your perseverance, your strength and your wisdom, and we are grateful for this opportunity to be a part of your lives.

We've got some great events planned throughout the month and we hope you'll join us! As always, if you have feedback, ideas or suggestions, please drop them off in the suggestion box or give me a call at 860-487-9874. We hope to see you soon!

SMOKE ALARMS SAVE LIVES!



WE ARE INSTALLING FREE SMOKE ALARMS
THROUGHOUT
EASTERN CONNECTICUT
IN APRIL AND MAY!

CALL 1-877-CTREDCROSS, OPTION 1
(1-877-287-3327, OPTION 1)

[HTTP://REDCROSS.ORG/CT/SCHEDULE-A-VISIT](http://REDCROSS.ORG/CT/SCHEDULE-A-VISIT)

MANSFIELD SENIOR CENTER ASSOCIATION, INC.*Greetings from MSCA*

Thank you all for your support, we appreciate all of the kind thoughts, and well wishes. It is Spring, symbolic of new life and joy! Please mark your calendars for June 10, we will have the Association Meeting and election. It is very important to show up and be counted. We want to represent you and your ideas, to enhance the Senior Center. I am planning an Ice Cream social to be held right after the meeting, so come and enjoy the dessert and good friends. I also hope you will take advantage of all that is happening at the Senior Center in May, we really need to cherish this spring. My Home phone number is 860-429-1183. If you have any ideas or thoughts you would like to share, I would like to hear them. I am here to represent you.

Sincerely, Jean Ann Kenny

**MSCA PROPOSED BUDGET
FISCAL YEAR JULY 2015 TO JUNE 2016**

<u>Budget Items</u>	<u>Budget</u>
<u>Income</u>	
Assoc. Income	\$2000.00
Bread	230.00
Bridge	300.00
Cards	300.00
Craft Fair	400.00
Donations	150.00
Holiday Bazaar	1000.00
Jewelry	400.00
Knitting	300.00
Sparks Subscriptions	2270.00
Special Lunch Income	2200.00
Travel (2015-16)	3470.00
Total Income	\$13,020.00

Expenses

Assoc. Expenses	\$4700.00
Food Supplies	500.00
Insurance	1100.00
Music	500.00
Paper Goods	250.00
Program Entertainment	1300.00
Sparks Expenses	2270.00
Special Lunch Expenses	2200.00
Ways and Means Expenses	200.00
Total Expenses	\$13,020.00

**MSCA Executive Board & Association
Meeting Schedule**

Executive Board **May 13th at 1:00pm**
Annual Meeting **June 10th at 1:00pm**

**MANSFIELD SENIOR CENTER
EXECUTIVE BOARD MEMBERS**

President: Jean Ann Kenny
Vice President: Linda Wohllebe
Immediate Past President: Rita Braswell
Secretary: Bev Gotch
Finance Officer: vacancy
Assistant Treasurer: Kathy Rule
Treasurer: Mike Beschler
Subscription Manager: Kathy Rule
Member at Large: Sam Gordon
Computer Committee Chair: Rotating
Program Committee Chair: Joan Terry
Sparks Committee Chair: Rita Braswell
Travel Committee Chair: Kay Warren
Ways & Means Committee: vacancy

**To reach the Association President,
please call 860-429-0262, ext. 5**

CALL TO MEETING

The Mansfield Senior Center
Association, Inc.,
**ANNUAL ASSOCIATION
MEETING** will be
Wednesday, June 10, 2014, 1:00PM
at the Mansfield Senior Center.
All are invited to attend,
especially MSCA members,
to discuss and vote on items to include
the MSCA's Annual Proposed Budget
and the election of officers for the Mans-
field Senior Center Association's Inc.,
Executive Board. The Slate of Officers is
listed below.

**SLATE OF OFFICERS
FY 15-17**

The Nominating Committee of the MSCA
has selected the following to be nominat-
ed to fill the corresponding Executive
Board positions:

President	Jean Ann Kenny
Vice President	Linda Wohllebe
Secretary	Beverly Gotch
Treasurer	Mike Beschler
Finance Officer	Jean Ann Kenny (interim)
Member-at-Large	Cynthia Schaffer

Special Events in May

Newcomer's Breakfast
May 8th at 9:00am



Join us for a delicious continental breakfast and an opportunity to meet other new faces & learn all you ever wanted to know about the Senior Center!

Please Register
to 860-487-9870 by May 5th

"Trash to Treasures" Craft Class
May 12th & 26th at 10:30am



It's all about up-cycling!
Learn to take old items from your home and make them into something new!
During the first class we'll turn an empty coffee can into a beautiful spring centerpiece!
Participants are asked to bring their own coffee can, but all other supplies will be provided.
For the second class, members are encouraged to bring other items from their own home – an old wreath, a jar, a gift box, etc – to transform with decoupage and other provided supplies.

\$5.00 per person per class
Please register to 860-487-9870 by May 7th

If you have an empty, clean coffee can to donate for this class, we'd be most appreciative! Thank you!



Pizza Party & Game Day
May 15th at 12:00pm

It's a Pizza Party Friday!



Pizza, Salad, Beverages & Dessert
- all for just \$5.00 per person!

Please register for lunch by calling
860-487-9870 by May 11th.

After lunch, stick around for an afternoon of fun & games! Play an old favorite or learn something new! Wii Bowling, Cards, Board Games and Cornhole are just some of the games that will be available!



May 20th at 12pm

Join us for a great lunch & a great show!

THE MENU:

ROAST TURKEY, MASHED POTATOES
STUFFING, SUGAR SNAP PEAS
& APPLE PIE

THE ENTERTAINMENT:

Featuring the talents of our very own
Sparkettes & Senior Center Chorus!
Be prepared—it is guaranteed to be a great toe tapping, musical time!

\$5.00 PER PERSON
REGISTER AT THE FRONT DESK BY 5/12

Presentation:

Interim HealthCare of Eastern Connecticut

How do you know if you or a loved one needs home care assistance or relief? Representatives from Interim HealthCare will discuss the ins-and-outs of assessing when in-home care is the right choice. Learning to recognize the early signs of need or family caregiver stress will assist you in your evaluation. While each individual is different, there are common factors that you can look for to determine the necessary levels of care.

May 28th at 11am

Focus on Fitness

Walking DVD

Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!



Mondays 9:00-9:40am
Wednesdays 9:00-9:40am
Fridays 9:00-9:40am

There is no need to pre-register and no fee for this class.

SPARKETTES Class

This class is for those tap dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills. Pre-registration is required.

Mondays 10:15-11:45am
3 Classes—\$22.50R/\$27.00NR

Fundamentals of Tap

This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork. Pre-registration is required.



Wednesdays 1:00-2:00pm
4 Classes—\$20.00R/\$24.00NR

Senior Aerobics

This high energy class provides a complete cardio workout with a combination of standing exercises and mat work. Pre-registration is required.



Mondays at 9:00-10:00am
3 Classes—\$15.00R/\$18.00NR

Thursdays 3:15-4:15pm
4 Classes—\$20.00R/\$24.00NR

Strength & Stability

This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.



Tuesdays & Thursdays
8:30-9:30am
\$5.00R/\$6.00NR per class

This class will be billed monthly based on attendance.

Power of Aging



This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up and continues with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

Tuesdays 11:00am-12:00pm
Thursdays 12:30-1:30pm
\$5.00R/\$6.00NR per class

This class will be billed monthly based on attendance.

*** NEW ***

Gentle Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class. Pre-registration is required.

Wednesdays 11:00am-12:00pm
4 Classes—\$20.00R/\$24.00NR

*** NEW ***

Tai Chi Cooperative Group

Join us for an opportunity to practice Tai Chi in this cooperative, self-led group! We plan to practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

Wednesdays 10:00-11:00am

There is no need to pre-register and no fee for this class.

Sit & Get Fit

Sit & Get Fit is a seated exercise class that combines stretching, resistance, chair aerobics and strength building movements to increase flexibility, range of motion and body awareness. Pre-registration is required.



Fridays 10:30-11:30am
5 Classes—\$25.00R/\$30.00NR

*** Resident and Non-resident Prices listed are for the month of May ***

Please register at the Senior Center or call Kathy Yaffee for more information

CREATIVE ARTS

Wood Carving

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class, and beginners do not need to bring any supplies—come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit www.mysticcarvers.com.

Wednesdays at 9:30 am

Quilting

Come to quilting and work the entire day on one project or on several projects of your choice. Pat will be your "quilting coach" during this new extended day format which will be on the 1st and 3rd Mondays of the month from 10am to 4pm with a 1/2 hour break for lunch. Bring your lunch, sign up ahead of time for lunch at the Senior Center, or order a take out lunch at a local restaurant.

***Mondays, May 4th & 18th
from 10:00 am-4:00 pm***

Jewelry

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

Thursdays at 1:00 pm

Knitting & Crocheting

Come enjoy an opportunity to knit or crochet with friends!

Fridays at 10:00 am

Art Studio

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

Fridays at 1:00 pm

HAPPY MOTHER'S DAY



***TO ALL OF OUR SPECIAL MOMS,
GRANDMOMS
& GREAT GRANDMOMS!***

WELLNESS PROGRAMS

Podiatrist

Complete foot care & podiatric evaluations. Medicare will be billed if eligible.

May 5th & 19th from 9:00 am-12:00 pm

Herrman Blood Pressure Clinic

Open to those 55 and above. There is no cost and no pre-registration required.

May 6th from 11:30 am-12:00 pm

Reiki

Provided by Reiki Master Bette Giordano. The cost for a 1-hour session is \$30.00.

May 7th from 9:00-11:00 am

MINI SPA

Treat yourself! Manicures, pedicures and haircuts available at a reduced cost for Seniors.

May 11th from 9:00 am-12:00 pm

Massage Therapy & Reflexology

Treat yourself to a massage or reflexology session and reap the health benefits! The cost for a 25-minute session is \$15.00.

May 13th from 9:00 am-1:00 pm

VNA East Adult Health Screenings

Blood Pressure, Foot Care & Ear Flushing for a nominal fee.

May 27th from 1:00-3:00 pm

SENIOR RESOURCES

Area Agency on Aging

19 OHIO AVENUE, NORWICH CT

Senior Resources is a strong voice for the region's elderly citizens. Through their involvement at the federal, state and local level they work to enhance the quality of life for older persons. In addition to advocating legislatively, their continuing work with volunteer and citizen groups increases public awareness of senior issues.

Senior Resources' mission is to provide information and services to the aging population, individuals with disabilities, their families and care providers to maintain or improve their independence and quality of life.

**For more information, visit
www.seniorresources.org**

GROUPS & CLUBS

Genealogy Group

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new web sites and information, and plans trips to libraries and other facilities where members can research their genealogy. Just beginning? The group will give you suggestions to get you started!

This group meets on the
2nd Tuesday of each month at 10:00am

Conversations with Betty

This group will be on hiatus during May.
Please check back this summer!

Photo Club

This group meets on the **1st & 3rd Friday of each month at 10:00am**. Please call Dan Gebben at (860) 576-1122 for more information.

Senior Center Chorus

If you like to sing, come and join us! You don't have to be an accomplished singer—there will be music to satisfy both the novice and experienced. We perform at local nursing homes, senior housing and rehabilitation facilities. For more information, contact Stu Sidney at 860-429-7271.

Mondays 1:30 - 3:00 pm

Writing Group

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group.

We hope to see you there!

Wednesdays at 10:00am

FRIDAY AFTERNOONS AT THE MOVIES

B A S E B A L L

A film by Ken Burns

Join us for this Emmy Award-winning story of America's national pastime from master storyteller Ken Burns. It is a saga spanning the quest for racial justice, the clash of labor and management, the immigrant experience, the transformation of popular culture and the enduring appeal of the national pastime. Of course, popcorn will be provided!

**Friday, May 8th
& Friday, May 22nd at 1:00pm**



~ CARDS & GAMES ~

WII BOWLING

**Mondays at 10:00am
Tuesdays at 9:30am
Thursdays at 9:30am**

BRIDGE

Thursdays at 1:00pm

DUPLICATE BRIDGE

3rd & 5th Friday at 12:45pm

SCRABBLE

**Mondays at 10:00am
Tuesdays at 10:00am
Fridays at 10:00am**

MAHJONGG

Mondays at 1:00pm

BINGO

Tuesdays at 1:00pm

DUPLICATE BRIDGE SCORES



MARCH 20, 2015

NORTH/SOUTH

1. 14.0 Rita Pollack - Jerry Shaffer
2. 12.0 Kathy Watson - George Waller
3. 11.5 Jane Stephens - Mike Stephens

EAST/WEST

1. 14.0 Elli Sharpe - Nancy McDowell
2. 13.0 Athene Von Hirschberg - Helen Collins
3. 12.5 Carol Hewitt - Carole Burgess

APRIL 17, 2015

NORTH/SOUTH

- 1 47.31 Jerry Shaffer - Sam Wheeler
- 2 47.17 Paula Tate - Mary Shinoski
- 3 38.19 Mary Brown - Sue Cowen

EAST/WEST

- 1 51.45 Nola Hoss - Bill Hoss
- 2 43.66 Maryann Fodor - Joe Fodor
- 3 40.94 Doris LeDoyt - June Clark

SENIORS ON THE MOVE

DAY TRIPS

<p>6 WEDNESDAY WOOD MEMORIAL LIBRARY ~ SOUTH WINDSOR ~</p> <p>\$12.00 per person Includes reception following performance.</p>  <p>Van departs MSC 1pm returns approx. 4:30 pm</p> <p>A program not to be missed! Ted Zalewski as the Postman captures the spirit of Van Gogh the man and the essence of van Gogh the artist.</p> <p>Registration deadline Monday, May 4th</p>	<p>7 THURSDAY LUNCH BUNCH ~ PUTNAM ~</p>  <p>Lunch at 85 Main Restaurant</p> <p>Van departs MSC 11:30am returns approx. 2:30pm</p> <p>Registration deadline Tuesday, May 5th</p>	<p>12 TUESDAY UConn Dairy Bar ~ STORRS ~</p>  <p>Come and share a cone with friends after lunch!</p> <p>Van departs MSC at 1pm returns approx. 2:00 pm</p> <p>No Registration - just jump aboard!!</p>	<p>15 FRIDAY ROGER WILLIAMS ZOO ~ PROVIDENCE, R</p>  <p>\$12.95 per person (admission) Van departs 9am return approx. 4:30pm</p> <p>Please plan to bring a picnic lunch or eat at one of the food concessions.</p> <p>Registration deadline Tuesday, May 13th</p>
<p>21 THURSDAY LUNCH BUNCH ~ BROOKLYN ~</p>  <p>Golden Lamb Buttery</p> <p>Lunch menu prices are between \$12-16.</p> <p>Van departs MSC 11am return approx. 3pm</p> <p>Registration deadline Tuesday, May 19th</p>	<p>22 FRIDAY MYSTIC AQUARIUM ~ MYSTIC ~</p>  <p>\$22 per person (w/10 or more) \$29 if not. Includes marine theater and show! Lunch at individuals expense at Penguin Café at aquarium.</p> <p>Van departs MSC 9am returns approx. 4:30pm</p> <p>Registration deadline Tuesday, May 19th</p>	<p>27 WEDNESDAY THE CLARK MUSEUM ~ WILLIAMSTOWN, MA ~</p>  <p>\$20 per person. Lunch at individuals expense in the Café' 7 at the museum.</p> <p>Van departs 9am returns approx. 4:30pm</p> <p>Registration deadline Friday, May 22nd</p>	<p>29 FRIDAY TAYLOR BROOK WINERY ~ WOODSTOCK ~</p>  <p>2 complimentary samples \$5.00 for 8 wines \$8.00 for 11-12 wines</p> <p>Lunch at the Vanilla Bean at individuals expense.</p> <p>Van departs 11am returns approx. 4pm</p> <p>Registration deadline Wednesday, May 27th</p>

Please Note:

Lunch cost on these trips is at your own expense.

*These Trips fill up quickly, so please register early at the Reception Desk.
For more information on any of these trips, contact Gianna at 860-487-9877.*

MSCA TRAVEL with KAY

Celebrate Mother's Day ~ May 11th

Spend a special day in honor of Mother's Day at the Delaney House in Holyoke, MA. Package includes: motor coach, a beautiful brunch buffet, an afternoon of entertainment and driver's gratuity. **\$76.00**

The Lucky Lobster ~ June 24th

Wow—what a deal! Package includes: motor coach, lunch at the Fisherman's Restaurant with your choice of hot lobster roll, native Stonington Sea Scallops or grilled NY strip steak, time at Mohegan Sun Casino with a \$15 food voucher and \$15 free bet bonus and driver's gratuity. (subject to change) **\$76.00**

Gloucester Luncheon Cruise ~ July 21st

Package includes motorcoach, 2 1/2 hr Gloucester cruise, elegant buffet luncheon, musical entertainment, free time in Rockport and driver gratuity. **\$90.00**

Triple Lobsters ~ August 11th

The Riverboat Ramblers presents an engaging mix of New Orleans jazz, Cajun, Calypso, ragtime, zydeco, swing and gospel music! Trip includes motorcoach, delicious lunch with 3 Lobsters or Prime Rib, fantastic Riverboat Ramblers show and driver gratuity. **\$90.00**

Branson Show Extravaganza ~ September 12th-20th

A trip you don't want to miss! Six shows including *Jonah* at the Sight & Sound Theatre, 14 meals, 8 breakfasts and 6 dinners. **Please sign up early, as this trip will fill quickly!** **\$75.00 deposit** (insurance must accompany deposit if you want the insurance.)



Coming in October:

A beautiful fall foliage trip to **Quechee Gorge** in Vermont! Flyers are available at the Senior Center.

For more information on any of these trips, contact Kay Warren at 860-429-0262, ext. 6.

*Kay is available at the Senior Center
on Mondays, Wednesdays & Fridays from 8:30am-2:00pm*

COMPUTER CLASSES

INTRO TO THE COMPUTER



TUESDAY & THURSDAY

MAY 5, 7, 14, 19 & 21

10AM TO 12PM

FEE \$10.00

(LIMITED TO 7 STUDENTS)

SIGN UP AT THE FRONT DESK



For beginners seeking a more knowledgeable use of the computer. You will learn the basics of keyboard and mouse control, storage system, folder creation, touch on word processing, internet, and email. You will learn how to personalize the computer and protect it from the internet's bad stuff. Class ends with turning the computer into a master music machine for your enjoyment.

Class meets for five sessions, two hours each and utilizes the Windows 7 platform.

**Computer Classes are taught by members of the MSCA Computer Council.
Participants must pre-register for classes at the Reception Desk before classes begin.**



**For more information on the Computer Council or any of their classes,
please contact them at 860-429-0262, ext. 7**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TVCCA SENIOR CAFE ~ MAY 2015 ~				
4 MONTI CRISTO: EGG PATTY, TURKEY SAUSAGE, AMERICAN CHEESE & FRENCH TOAST CAPRI VEGGIES PEARS & MANDARIN ORANGES	5 BEEF & BEAN CHILI SEASONED RICE CHUCK WAGON VEGETABLE MEDLEY FRESH FRUIT	6 BAKED COD WITH TOMATO GARLIC COMPOTE MASHED POTATOES MIXED VEGETABLES APPLESAUCE CUP	7 STUFFED SHELLS STEWED TOMATOES PEAS PEACH CUP	8 MEATBALL GRINDER MOZZARELLA CHEESE ITALIAN VEGGIES ORANGE JUICE CHOCOLATE CHIP COOKIE
11 CHICKEN STEW SEASONED RICE WINTER VEGETABLES FRESH ORANGE	12 CHEESEBURGER NOODLE CASSEROLE PEAS CARROTS PEARS & MANDARIN ORANGES	13 CHEESE MANICOTTI WITH MARINARA GARLIC BREAD GREEN BEANS & CARROTS CUPCAKE GRAPE JUICE	14 CHICKEN SAUSAGE, PEPPERS & ONIONS ON A HOT DOG BUN RICE PILAF WAX BEANS	15 <u>PIZZA PARTY!!</u> GARDEN SALAD, BEVERAGES & DESSERT INCLUDED \$5.00 PER PERSON REGISTER BY 5/11
18 ALL BEEF HOT DOG BAKED BEANS CHUCK WAGON VEGETABLE MEDLEY GRAPE JUICE SUGAR COOKIE	19 STUFFED CHICKEN CORDON BLEU RICE PILAF STEWED TOMATOES FRUIT COCKTAIL	20 <u>3RD WED</u> ROAST TURKEY MASHED POTATOES STUFFING SUGAR SNAP PEAS APPLE PIE \$5.00 PER PERSON REGISTER BY 5/12	21 BAKED HAM WITH BROWN SUGAR MUSTARD GLAZE MASHED SWEET POTATOES GREEN BEANS PEACH CUP	22 MEATLOAF WITH GRAVY MASHED POTATOES MIXED VEGETABLES PEARS & MANDARIN ORANGES
25  SENIOR CENTER IS CLOSED	26 SLOPPY JOES BAKED BEANS BROCCOLI CRANBERRY JUICE DANISH	27 <u>MEMORIAL DAY LUNCHEON</u> BBQ CHICKEN POTATO SALAD COLESLAW APPLE PIE \$5.00 PER PERSON REGISTER BY 5/19	28 SALISBURY STEAK WITH GRAVY MASHED POTATOES BEANS & CARROTS APPLESAUCE	29 CRISPY COD PATTY MACARONI & CHEESE STEWED TOMATOES FRESH FRUIT

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal. The price for those under 60 is \$12.10. Please remember to make your reservation at least 24 hours in advance by 10am!

NAME _____



- 1 Patricia Hiser, Naomi Sanders, Barbara Alley, Eleanore Gaynor, Constance Greene, Angeline Paulson
- 3 Elizabeth Norris, Lenny Szarek, John Roulier
- 4 John Berg, Donalda Matthews, Shirley Olsen
- 5 Jean Alcorn
- 6 Alice Raphaelson, Shirley Dunnack, Pamela Skoog, LeRoy Faulkner
- 7 Ivan Franson, Gladene Fait, Kathy Ward, Joanne Wood, Louise Longo, Bettejane Karnes
- 8 Doreen Simonsen
- 10 Joan Watson, Carolyn Hebert
- 11 Jean Landry
- 12 Patricia Kirtley, Louis O'Mara, Doris Ouimette, Barbara Hood, Robert Guttay, Brenda Shaw, Barbara Simmons, Camille Ayala
- 13 Patricia McHugh, Howard Yorke
- 14 Joan Griffith, Helen Dombrowski, Paula Clebnik, Clyde McKenna, Sylvia Corcoran
- 15 Kay Holt, Kathorin Stuart, Kenneth fMoorhead
- 16 Mary Thatcher
- 17 Edith Breault, Albert Ching, Donna Fairfield
- 18 Winifred James, Fred Brown, Barbara Roy, Betty Savage, I. Ridgway Davis
- 19 Harriet Pettingill, Kathleen Otter, Linda Frazier, Carl Raynor, Louise Hawkins, Joan Debella, Ron Milavsky
- 20 Georgette Comeau, Elinor Chovnick, Catherine Johnson, Louis Loyzim
- 22 Maureen Cepelak, Beverly Young, Virginia Adams, Jim Durdan, Evelyn Budzinski
- 23 Walter Banas, Helen Schroeter, Dorothy Rondeau, Caroline Provost, Erika Kares
- 24 Martina Wharton, Paul Klemensking
- 25 Hedi LaBranche
- 26 Teresa Galipeau
- 27 Sandy Martino, Richard Brown, Anne Piontek
- 28 Li Sun, Donna Jones, Henry Bemont
- 29 Marion Ryan, Aline Booth, Jane Howard
- 30 Suzanne Hill, Donald Stitts, Lois Meyers, Shirley Corcoran, Mary Francis, Granville Beschler

Join us for our
May Birthday Lunch!

Celebrate your day with a delicious meal and the company of good friends! On the menu: Baked Cod with Tomato Garlic Compote, Mashed Potatoes, Mixed Vegetables, Applesauce Cup and, of course, Cake & Ice Cream for dessert!

~ May 6th at 12pm ~



ADULT & SENIOR SERVICES

Mobile Food Share at Wright's Village
May 14th & 28th
11:30am-12:15pm

Dealing with Low Vision?
Join our **Low Vision Group**
for support, friendship and helpful tips.
May 13TH from 11am—12pm

Caregiver's Support Group
May 20th at 3:00pm

The Disabled/Elderly Homeowners
Tax Credit Program
begins February 1st and ends May 15, 2015
Income qualifications are:
\$34,600 for a single person
\$42,200 for a married couple
Please call Kathy Ann Easley for more information.

RENTERS REBATE

Program begins Apr 1st thru Oct 1st. Income guidelines are \$42,200 for married/civil union couples and \$34,600 for single persons. Please call for an appointment.
Please call Kathy Ann Easley for more information.

Eldercare Attorney Joelen Gates provides free legal services for those in need. Attorney Gates is available by phone at 860-786-6372 or by appointment in her Willimantic office.

VOLUNTEERS NEEDED

If you already have the knowledge or you're willing to be trained by Senior Resources, you could volunteer as a CHOICES counselor to help seniors navigate through Medicare. This a year round opportunity.
Please call us at 860-429-3316 or 860-487-9873

Our Social Workers are available to assist Mansfield residents connect to individuals with services and programs that are available within the community.

Kathy Ann Easley
Adult Services Social Worker
860-487-9873

~ MAY ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Memorial
Day**
*Never Forget
Ever Honor*

1. 9:00 WALKING DVD
- 10:00 SCRABBLE
- 10:00 PHOTO CLUB
- 10:00 KNITTING & CROCHETING
- 10:30 SIT & GET FIT
- 11:15 BRAIN AEROBICS
- 12:00 LUNCH
- 1:00 ART STUDIO

4. 9:00 SR. AEROBICS
- 9:00 WALKING DVD
- 10:00 PC HELP
- 10:00 BEG. SCRABBLE
- 10:00 WII BOWLING
- 10:00 QUILTING
- 10:15 SPARKETTES
- 12:00 LUNCH
- 1:00 MAHJONGG
- 1:30 CHORUS

5. 8:30 STRENGTH & STABILITY
- 9:00 DR. WALTER
- 9:30 WII BOWLING
- 10:00 INTRO TO COMPUTERS CLASS
- 10:00 SCRABBLE
- 11:00 PWR OF AGING
- 12:00 LUNCH
- 1:00 BINGO
- 2:30 COMPUTER COMMITTEE MTG

6. 9:00 WALKING DVD
- 9:30 WOOD CARVING
- 10:00 TAI CHI
- 10:00 WRITING GRP.
- 11:00 YOGA
- 12:00 CAUSERIES
- 1:00 FUND. OF TAP
- 1:00 TRIP: WOOD MEMORIAL LIBRARY
- 2:00 VOLUNTEER APPRECIATION RECEPTION

7. 8:30 STRENGTH & STABILITY
- 9:00 REIKI
- 9:30 WII BOWLING
- 10:00 INTRO TO COMPUTERS CLASS
- 10:15 SPARKETTES
- 11:30 TRIP: 85 MAIN LUNCH BUNCH
- 12:00 LUNCH
- 12:30 PWR. OF AGING
- 1:00 BRIDGE
- 1:00 JEWELRY
- 3:15 SR. AEROBICS

8. 9:00 NEWCOMER'S BREAKFAST
- 9:00 WALKING DVD
- 10:00 SCRABBLE
- 10:00 KNITTING & CROCHETING
- 10:30 SIT & GET FIT
- 11:15 BRAIN AEROBICS
- 12:00 LUNCH
- 1:00 ART STUDIO
- 1:00 MOVIE: BASEBALL

11. * MSCA TRIP: MOTHER'S DAY AT DELANEY HOUSE
- 9:00 SR. AEROBICS
- 9:00 WALKING DVD
- 9:00 MINI SPA
- 9:30 COA MTG
- 10:00 PC HELP
- 10:00 BEG. SCRABBLE
- 10:00 WII BOWLING
- 10:15 SPARKETTES
- 12:00 LUNCH
- 1:00 MAHJONGG
- 1:30 CHORUS

12. 8:30 STRENGTH & STABILITY
- 9:30 WII BOWLING
- 10:00 SCRABBLE
- 10:00 GENEALOGY
- 10:30 TRASH TO TREASURE CLASS
- 11:00 PWR. OF AGING
- 12:00 LUNCH
- 1:00 TRIP: UCONN DAIRY BAR
- 1:00 BINGO
- 6:00 MS SUPPORT

13. 9:00 WII BOWLING TOURNAMENT
- 9:00 WALKING DVD
- 9:00 MASSAGE & REFLEXOLOGY
- 9:30 WOOD CARVING
- 10:00 TAI CHI
- 10:00 WRITING GRP.
- 11:00 LOW VISION
- 12:00 CAUSERIES
- 1:00 FUND. OF TAP
- 1:00 MSCA EXEC. BD. MTG

14. 8:30 STRENGTH & STABILITY
- 9:30 WII BOWLING
- 10:00 INTRO TO COMPUTERS CLASS
- 10:15 SPARKETTES
- 11:30 FOODSHARE
- 12:00 LUNCH
- 12:30 PWR. OF AGING
- 1:00 BRIDGE
- 1:00 JEWELRY
- 3:15 SR. AEROBICS

15. 9:00 TRIP: ROGER WILLIAMS ZOO
- 9:00 WALKING DVD
- 10:00 SCRABBLE
- 10:00 PHOTO CLUB
- 10:00 KNITTING & CROCHETING
- 10:30 SIT & GET FIT
- 11:15 BRAIN AEROBICS
- 12:00 PIZZA PARTY
- 12:45 DUP. BRIDGE
- 1:00 ART STUDIO

~ MAY ~

MONDAY

18.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 PC HELP
 10:00 BEG. SCRABBLE
 10:00 WII BOWLING
 10:00 QUILTING
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 MAHJONGG
 1:30 CHORUS

TUESDAY

19.
8:30 STRENGTH &
STABILITY
9:00 DR. WALTER
9:30 WII BOWLING
10:00 INTRO TO
COMPUTERS CLASS
10:00 SCRABBLE
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO

WEDNESDAY

20.
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GRP.
 11:00 YOGA
 12:00 MSCA 3RD
 WEDNESDAY
 12:00 CAUSERIES
 1:00 FUND OF TAP
 3:00 CAREGIVER'S
 SUPPORT GRP

THURSDAY

21.
 8:30 STRENGTH &
 STABILITY
 9:30 WII BOWLING
 10:00 INTRO TO
 COMPUTERS CLASS
 10:15 SPARKETTES
 11:00 TRIP: GOLDEN
 LAMB BUTTERY
 LUNCH BUNCH
 12:00 LUNCH
 12:30 PWR. OF AGING
 1:00 BRIDGE

FRIDAY

22.
9:00 TRIP: MYSTIC
ACQUARIUM
9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING &
CROCHETING
10:30 SIT & GET FIT
11:15 BRAIN AEROBICS
12:00 LUNCH
1:00 ART STUDIO
1:00 MOVIE:
BASEBALL

25.

*HAPPY
MEMORIAL DAY!*



SENIOR CENTER
IS CLOSED



SENIOR CENTER
IS CLOSED

26.
8:30 STRENGTH &
STABILITY
9:30 WII BOWLING
10:00 SCRABBLE
10:30 TRASH TO
TREASURE CLASS
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO

26.
8:30 STRENGTH &
STABILITY
9:30 WII BOWLING
10:00 SCRABBLE
10:30 TRASH TO
TREASURE CLASS
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO

27.
9:00 TRIP: CLARK
MUSEUM
9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GRP.
11:00 YOGA
12:00 MEMORIAL DAY
LUNCHEON
12:00 CAUSERIES
1:00 FUND. OF TAP

27.
9:00 TRIP: CLARK
MUSEUM
9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GRP.
11:00 YOGA
12:00 MEMORIAL DAY
LUNCHEON
12:00 CAUSERIES
1:00 FUND. OF TAP

28.
8:30 STRENGTH &
STABILITY
9:30 WII BOWLING
10:15 SPARKETTES
11:30 FOODSHARE
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
3:15 SR. AEROBICS

28.
8:30 STRENGTH &
STABILITY
9:30 WII BOWLING
10:15 SPARKETTES
11:30 FOODSHARE
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
3:15 SR. AEROBICS

29.
9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING &
CROCHETING
10:30 SIT & GET FIT
11:00 TRIP: TAYLOR
BROOK WINERY
11:15 BRAIN AEROBICS
12:00 LUNCH
12:45 DUP. BRIDGE
1:00 ART STUDIO

29.
9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING &
CROCHETING
10:30 SIT & GET FIT
11:00 TRIP: TAYLOR
BROOK WINERY
11:15 BRAIN AEROBICS
12:00 LUNCH
12:45 DUP. BRIDGE
1:00 ART STUDIO



**Free Copies
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It's a wonderful compilation of recipes and artwork
by Mansfield Seniors! Get yours today!
\$10.00 each at the Senior Center

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~ SAVE THESE DATES ~

June 19th:
VITAS To Honor and Remember Celebration

June 24th:
Photography Club Show & Opening Reception

July 24th:
Country Quilt Llama Visit & Picnic

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PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.
THEY HELP MAKE THIS NEWSLETTER POSSIBLE!!

NEWS FROM THE COMMISSION ON AGING

The Commission on Aging studies the conditions and needs of elderly persons in the Town in relation to housing, economics, employment, health and nutrition, recreation, transportation and other matters. The Commission recommends and evaluates programs to meet the needs of the elderly and suggests priorities for action. Members serve as a resource group to which Mansfield citizens can turn either individually or as groups when they have problems or questions about programs or needs of the elderly. The Commission then furnishes information outlining needs to agencies and groups who are interested in, or who provide services for, the elderly.

The Commission on Aging meets at the Senior Center on the second Monday of each month at 9:30am, and the public is encouraged to attend. For more information, please contact Commission Chair Wil Bigl at 860-429-0180.

ATTENTION ALL SENIORS!

What do you want from your Senior Center? We are not your grandmother's version anymore. In this 21st Century, we are attracted to just-born interests and evolving skills. Seniors are more active and more invested in learning and doing and playing than any generation before.

A committee is embarking on an exploration of what the Senior Center of tomorrow will include. Will you join us? We are starting by visiting other Centers in the state. We hope what we learn will springboard us into bigger and better ideas to tailor to our needs and desires in Mansfield.

Eventually, this committee will present a packet of materials containing our research to the Town Council. This packet should be convincing enough to justify a new, dream Senior Center. Step in on the ground floor now by joining the committee. All ideas are needed. Please call Bettejane Karnes at 860-429-5279 or Wil Bigl at 860-429-0180 to volunteer.

FUTURE NEWSLETTER SPONSORS

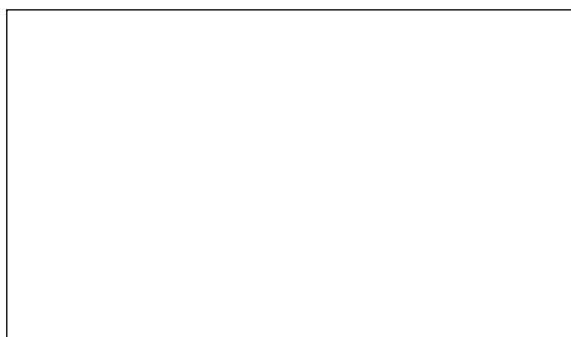


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A large, empty rectangular box with a thin black border, intended for a business card layout.

NOTE: LAYOUT IN JPG FORMAT SHOULD BE EMAILED TO TAYLORKL@MANSFIELDCT.ORG

FOR MORE INFORMATION AND/OR APPLICATION CONTACT:

Karen L. Taylor, at 860-429-3315 or Email: HumanServ@mansfieldct.org

SENIOR SPARKS
Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268

POSTMASTER: DATED MATERIAL
PLEASE DELIVER PROMPTLY

CURRENT RESIDENT OR

PUT LABEL
IN THIS BLOCK

RIDDLE ME THIS



Answer the riddle below and win a chance for a
Free Lunch at the Senior Center!
Drop your entry off at the Reception Desk or mail it to:
Mansfield Senior Center/MSCA,
303 Maple Road, Storrs, CT 06268,
Attn: Riddle

Submit your entries by May 29th to qualify for the
drawing. At the end of that day, we will draw
one name from all of the correct entries.
Only one entry per person, please.

*What do you throw out when you want
to use it, but take in when you don't
want to use it?*

Entry Form

Name _____

Phone # _____

Answer: _____

Women's Club of Storrs

Laura Crow will speak about her Brazilian trip where she was a judge of colorful festival costumes. This will follow a pot luck dinner of The Women's Club of Storrs. The meeting will be held on Monday, May 4, at 5:30PM in the Buchanan Center at the Mansfield Library on Rte. 89 in Mansfield Center. Guests and prospective members, both men and women, are welcome. For more information call Betty (Program chair) at 429-5167 or Eileen (President) at 423-3163.

